### Why is it critical to attend?

A well-designed and properly implemented Worksite Health and Wellness Strategy can create positive cultural and financial outcomes for any organization. Those Wyoming organizations investing in long-term strategies now will be the ones benefiting the most in the future.

The workshop is only the beginning upon attendance and completion of this workshop – you and your company will have the opportunity to engage in 1:1 support and consultation from Professional Wellness Staff identified by the Wyoming Department of Health.

If you have a program in place – use this workshop to fine tune your activities, if you are just beginning the process – attend and identify your next steps to a healthier workforce.

#### Who Should Come?

Organization leaders and decision-makers. Human Resources or Benefits Directors, Office Managers and Wellness Directors.

Governmental Entities, School Districts, Higher-Education, Hospital Systems, Private Corporations, and Non-Profits



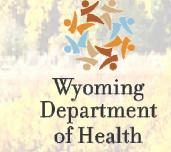
### Wyoming business leaders: You are cordially invited to attend

# Worksite Wellness: A Concrete Approach

Your attendance and participation is key to addressing the health and health costs of Wyoming individuals and organizations.

**Spring 2010!** 

A collaboration between:



Commit to your health.



## Worksite Wellnesst A Concrete Approach

This is a call to action from the Wyoming Department of Health! In collaboration with TwoMedicine and its experts in Worksite Health Promotion, we have created workshops to help your organization and people. With several convenient locations you can travel, attend & return home within your workday. A must attend-event for all Wyoming business leaders.

#### Kirk Keller, MS, CWPM

Worksite Health Promotion Expert and Consultant, Evaluation Specialist. TwoMedicine Health & Financial Fitness

Kirk D. Keller has 25 years experience in human resources, employee benefits and worksite health promotion.

His health strategist services include consultation and support to employers engaging in worksite health promotion. Consultation includes; training, evaluation, data interpretation, risk identification, consumer engagement, communication and reporting. Kirk has directed numerous clients and their programs to levels of positive returns and award recognition. His experience includes service in industries such as finance, health care, mining, and higher education.



## This 3 hour workshop will provide you the opportunity to:

- Create a plan of action and
- Define your evaluation steps
- Walk away with support from leading professionals
- A well workplace checklist
- Appointments for follow up from wellness experts
- A resources toolkit

### \$20.00 per person

includes the 3 hour training (10am - 1pm), lunch, toolkit

BRING A SENIOR-LEVEL MANAGER AND GET ONE REGISTRATION FREE!

Limited to 30 participants per location so we ask for pre-registration. Registrations will be accepted only up to 5pm the night before each date.

# FOR QUESTIONS or PRE-REGISTRATION

(you may call for credit card payment)

#### Contact Person:

Barbara Gledhill, Office Manager 1-888-582-9002

info@twomedicinehealth.com

www.mytwomed.com



#### **Registration Form**

| Name:                                    |   |
|--|---|
| Organization Name: Organization Address: |   |
|  |   |
| Teleph                                   | one:  |
| Please re                                | eturn form and check payable to:                              |
| TwoMe                                    | dicine Health & Financial Fitness                             |
|  | o Drive, suite B  |
|  | , MT 59101<br>To: 406-256-0335                                |
| In                                       | dicate your choice of location                                |
| <b>Evanstor</b><br>Uinta BO              | n February 9, 2010<br>CES #1 Education Center - Evanston      |
|  | rings February 10, 2010<br>Wyoming Community College Rm. 1309 |
| Jackson                                  | Hole February 11, 2010  |

Site specifics TBD—call for details! All workshops run 10am-1pm with a working lunch.

UW Center for the Arts - OVN 2